

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

Vermont Farm to Family Program

The Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state.

WIC participants over the age of 6 months are eligible for Farm to Family coupons which are available on a first-come, first-serve basis. There is a \$60 maximum benefit per family.

Mark your calendar now — attend one of the activities listed here to pick up your coupons.

Can't make any of these dates? Go to wichealth.org and complete a fun activity involving vegetables and fruits. Then call the WIC office to schedule picking up your Farm to Family coupons. See the back of this page for instructions.

Farm to Family activities also count towards your WIC Nutrition Activity.

See you this summer!

Come to a Farm to Family Activity and get your coupons!

Join us for a fun family activity, recipes and more!

Unless noted, drop in anytime during the times listed.

DATE	TIME	PLACE
Wednesday June 28	1:00–4:00 p.m.	Vermont Department of Health WIC Office 5 Perry Street, second floor, Barre
Wednesday July 12*	1:00 p.m.	Aldrich Public Library 6 Washington Street, Barre
Saturday July 15	9:00 a.m.–Noon	Capitol City Farmers' Market State Street, Montpelier
Tuesday July 18	11:30 a.m.–1:00 p.m.	Barre City School Veggie Van Go site 50 Parkside Terrace, Barre
Wednesday July 19	1:00–3:00 p.m.	Waterbury Congregational Church WIC Clinic site 8 North Main Street, Waterbury
Monday July 31	2:00–4:00 p.m.	Vermont Department of Health WIC Office 5 Perry Street, second floor, Barre
Tuesday August 1	3:00–6:00 p.m.	Northfield Farmers' Market The Common
Wednesday August 9*	1:00 p.m.	Aldrich Public Library 6 Washington Street, Barre
Friday August 11	1:00–4:00 p.m.	Vermont Department of Health WIC Office 5 Perry Street, second floor, Barre

* Bring the kids for a book, activity and craft. Come at Noon and check out the free Summer Lunch Program.

- If there is a time range listed, please come anytime during that time frame only. Plan to spend 10–15 minutes with us. Library activity may be closer to 30 minutes.
- Coupons are distributed on a first come, first serve basis.
- Supplies are limited, call ahead for coupon availability.
- For directions to any of the above locations, please call the WIC office.

